

Here is a list of age-appropriate books that explore the themes of Physical Education and Sport for primary school children.

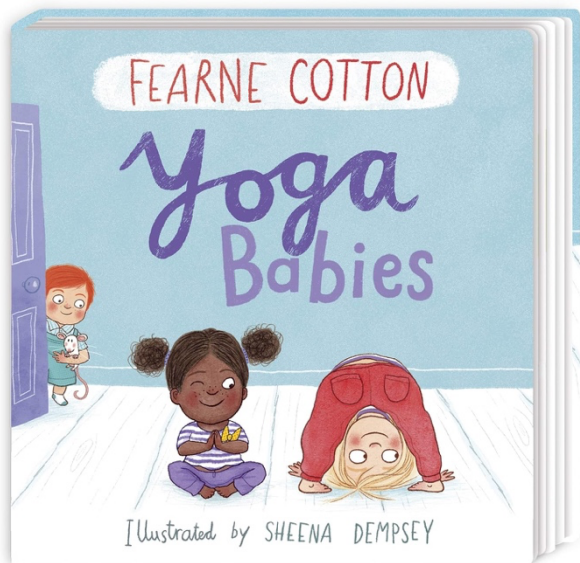
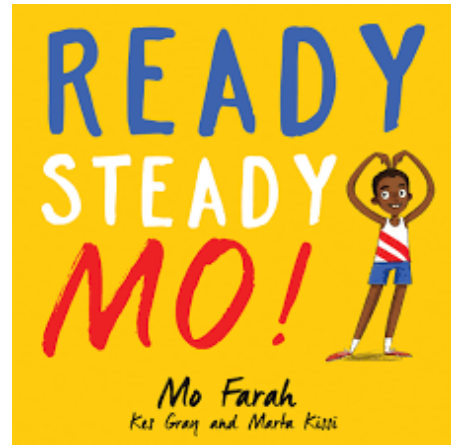
## KS1 Physical Education & Sport Books

### 1. *Ready, Steady, Mo!*

**Author:** Mo Farah & Kes Gray

**Blurb:** Join Olympic champion Mo Farah on a rhyming, running-themed adventure filled with energy and silliness.

**Why it's great for KS1:** Combines fun storytelling with a subtle encouragement to get moving — a perfect read-aloud for active classroom moments.



### 2. *Yoga Babies*

**Author:** Fearne Cotton

**Blurb:** Follow a group of babies as they stretch, balance, and relax through gentle yoga poses in this charming rhyming story.

**Why it's great for KS1:** Encourages body awareness, movement, and mindfulness in an age-appropriate, playful way.

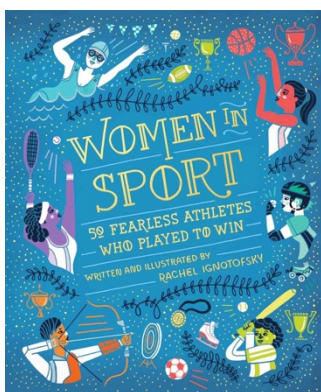
### 3. *My First Football Book*

**Author:** Rob Childs

**Blurb:** Introduces the basics of football with fun illustrations, player profiles, and tips for young fans.

**Why it's great for KS1:** Ideal for children starting to take an interest in football — combines clear instructions with inspiring real-world examples.

## LKS2 Physical Education & Sport Books



### 1. *Women in Sport: Fifty Fearless Athletes Who Played to Win*

**Author:** Rachel Ignotofsky

**Blurb:** An inspiring illustrated collection celebrating 50 female athletes from around the world, past and present.

**Why it's great for LKS2:** Encourages resilience and ambition while introducing children to a diverse range of sports and role models.

### 2. *You Are Awesome*

**Author:** Matthew Syed

**Blurb:** A motivational guide from table tennis champion Matthew Syed on developing a growth mindset to succeed in sport — and life.

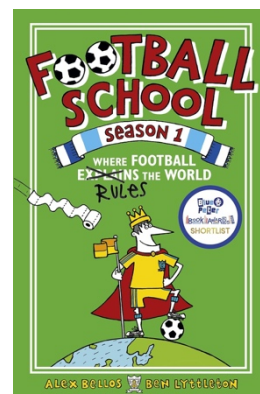
**Why it's great for LKS2:** Blends sport with mindset coaching, perfect for boosting confidence in children aged 7–9.

### 3. *Football School: Where Football Explains the World*

**Authors:** Alex Bellos & Ben Lyttleton

**Blurb:** Combines football facts with geography, science, history, and more to make learning exciting.

**Why it's great for LKS2:** Appeals to football fans while linking sport to wider curriculum subjects in a humorous, engaging style.



### 4. *Running on Empty*

**Author:** S. E. Durrant

**Blurb:** A moving novel about a boy who loves running but faces challenges at home and school.

**Why it's great for LKS2:** A relatable fiction choice that uses sport to explore emotions, resilience, and empathy.



### 5. *The Ultimate Guide to Women's Football*

**Author:** Emily Stead

**Blurb:** Profiles top players, iconic matches, and the history of women's football.

**Why it's great for LKS2:** Inspires both girls and boys to get involved in sport and celebrates equality in football.

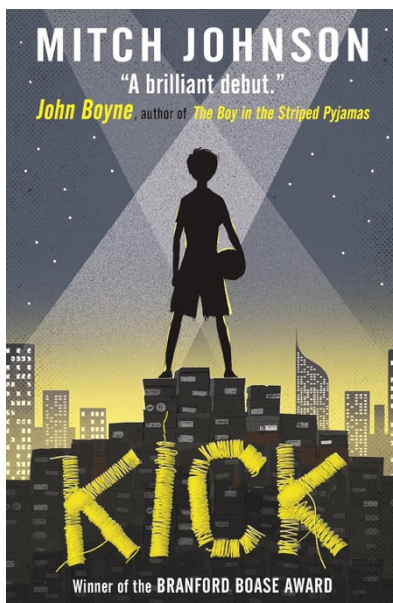
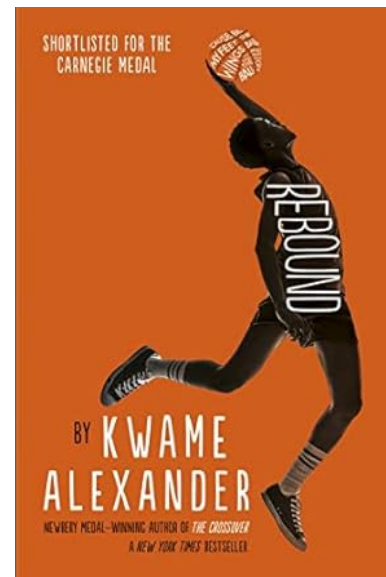
## UKS2 Physical Education & Sport Books

### 1. *Rebound*

**Author:** Kwame Alexander

**Blurb:** A verse novel about a boy finding his rhythm through basketball after a personal loss.

**Why it's great for UKS2:** Combines sport with themes of resilience, family, and personal growth in a format that appeals to confident and reluctant readers alike.



### 2. *Kick*

**Author:** Mitch Johnson

**Blurb:** The gripping story of Budi, a young boy in Indonesia whose dreams of becoming a footballer clash with the harsh realities of life.

**Why it's great for UKS2:** Offers global awareness and empathy while showing how sport can be a powerful motivator.

### 3. *The Fastest Boy in the World*

**Author:** Elizabeth Laird

**Blurb:** Solomon, an Ethiopian boy, dreams of becoming a runner like his heroes — but a family secret changes everything.

**Why it's great for UKS2:** Short, impactful, and culturally rich, ideal for sparking discussions on sport and ambition.



*These books are ideal for linking literacy with Physical Education in UK Primary Schools.*